Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of time management training on stress and resilience of novice nurses working in Covid 19 wards in educational hospitals of Mashhad University of Medical Sciences

Protocol summary

Study aim

Determining the effect of time management training on stress in novice nurses working in Covid 19 wards in educational hospitals of Mashhad University of Medical Sciences Determining the effect of time management training on resilience of novice nurses working in Covid 19 wards in educational hospitals of Mashhad University of Medical Sciences

Design

A two-group experimental study with a control group, randomized, on 120 nurses, using online randomization.

Settings and conduct

This will be a pre-post test experiment study with a control group and a sample of 60 nurses in each group.The research environment includes three educational hospitals at Mashhad University of Medical Sciences. In order to prevent the dissemination of information, the wards of these nurses in each hospital are divided into two groups by using online randomization. The training package (time management) will be delivered to the intervention group and the control group will not have any intervention.

Participants/Inclusion and exclusion criteria

Bachelor's in Nursing Work experience of <2 years Working in the Covid 19 department Willingness to participate in the study Lack of masters or PHD degree Not participated in other similar workshop in the last 6 month

Intervention groups

The training package (time management) will be delivered to the intervention group and the control group will not have any intervention.

Main outcome variables

Reduce stress; Increase resilience

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220309054229N1**
Registration date: **2022-04-10, 1401/01/21**
Registration timing: **registered_while_recruiting**

Last update: **2022-04-10, 1401/01/21**
Update count: **0**

Registration date

2022-04-10, 1401/01/21

Registrant information

Name

sepideh modiri

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 4467 0911

Email address

modiris982@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-04-09, 1401/01/20

Expected recruitment end date

2022-04-19, 1401/01/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
The effect of time management training on stress and resilience of novice nurses working in Covid 19 wards in educational hospitals of Mashhad University of Medical Sciences

Public title
The effect of time management training on stress and resilience of novice nurses working in Covid 19 wards

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Bachelor's in nursing Work experience of <2 years Working in the covid 19 department Willingness to participate in the study

Exclusion criteria:
Higher degree in nursing More than 2 years of work experience Participation in other similar workshop in the last 6 month

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **120**

Randomization (investigator's opinion)
Randomized

Randomization description
In this research, we will use the Permuted Block Randomization in Restricted Randomization method. Blocking is usually used to balance the number of samples assigned to each group. Online Randomization is used to generate a random sequence. We use Allocation Concealment. Sampling in several centers is done simultaneously by using Central Randomization. Communication methods include the use of telephone, SMS, fax, email, etc.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
This will be a two-group study. Nurses' wards in each hospital are randomly divided into intervention and control groups. The training package will be delivered to the intervention group and the control group will not have any intervention.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Research Ethics Committee of Mashhad University of Medical Sciences

Street address
University st, Faculty of Nursing & Midwifery

City
Mashhad

Province
Razavi Khorasan

Postal code
9138813944

Approval date
2021-11-30, 1400/09/09

Ethics committee reference number
IR.MUMS.NURSE.REC.1400.081

Health conditions studied

1

Description of health condition studied
Stress

ICD-10 code

ICD-10 code description

2

Description of health condition studied
Resilience

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Stress score

Timepoint
One month after training

Method of measurement
Cohen Perceived Stress Questionnaire

2

Description
Resilience score

Timepoint
One month after training

Method of measurement
Connor & Davidson Resilience Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Novice nurses working in the wards of Covid 19 who receive a time management training package.
Category
Behavior

2

Description
Control group: Novice nurses in control group will not have any intervention.
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Hashemi Nejad Hospital
Full name of responsible person
Sepideh Modiri
Street address
Hashemi Nejad Hospital, The end of Abu Reihan Blvd
City
Mashhad
Province
Razavi Khorasan
Postal code
9177899191
Phone
+98 51 3273 7011
Fax
+98 51 3272 2322
Email
hsh.pr@mums.ac.ir
Web page address
https://hasheminejad.mums.ac.ir/

2

Recruitment center
Name of recruitment center
Imam Reza Hospital
Full name of responsible person
Sepideh Modiri
Street address
Imam Reza Hospital, Ibn Sina st
City
Mashhad
Province
Razavi Khorasan
Postal code
9137913316
Phone
+98 51 3854 3031
Email
IRH.p.relations@mums.ac.ir
Web page address
https://emamreza.mums.ac.ir/

3

Recruitment center
Name of recruitment center
Ghaem Hospital
Full name of responsible person
Sepideh Modiri
Street address
Ghaem Hospital, Ahmadabad st
City
Mashhad
Province
Razavi Khorasan
Postal code
99199-91766
Phone
+98 51 3840 0001
Fax
Email
b.ghaem@mums.ac.ir
Web page address
https://quaem.mums.ac.ir/

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
Sepideh Modiri
Street address
University st
City
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Postal code
13944-91388
Phone
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Fax
+98 51 3841 3006
Email
presidentoffice@mums.ac.ir
Web page address
https://mums.ac.ir/
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Mashhad University of Medical Sciences
Proportion provided by this source
100

Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact
Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
Sepideh Modiri
Position
Nurse
Latest degree
Bachelor
Other areas of specialty/work
Nursery
Street address
No 22, Enghlab Street, Sabzevar
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Person responsible for scientific inquiries

Contact
Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
Shahrokh Maghsoudi
Position
Nursing Education Instructor
Latest degree
Master
Other areas of specialty/work
Nursery
Street address
University Street, Faculty of Nursing & Midwifery
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Mashhad
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Razavi Khorasan
Postal code
13944-91388
Phone
38412081 051
Email
maghsoudish@mums.ac.ir

Person responsible for updating data

Contact
Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
Sepideh Modiri
Position
Nurse
Latest degree
Bachelor
Other areas of specialty/work
Nursery
Street address
No 22, Enghlab street, Sabzevar
City
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Province
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Postal code
9617614149
Phone
+98 51 4467 0911
Email
modiris982@mums.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Yes - There is a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Yes - There is a plan to make this available
Data Dictionary
Yes - There is a plan to make this available
Title and more details about the data/document
Investigating the effect of time management training on stress and resilience of novice nurses working in Covid 19 wards
When the data will become available and for how long
October 2022
To whom data/document is available
Public
Under which criteria data/document could be used
Research studies
From where data/document is obtainable
Library of Faculty of Nursing & Midwifery, Mashhad University of Medical Sciences
What processes are involved for a request to access data/document
Delivery request
Comments